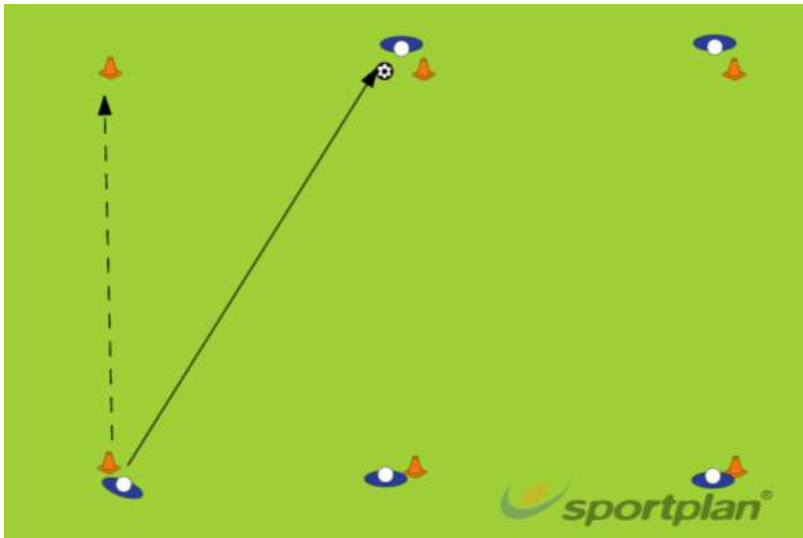


DATE 07/06/2022	VENUE	DURATION	NO OF PLAYERS	ABILITY / LEVEL
EQUIPMENT		PURPOSE		
TIME	TASK / ACTIVITY / SESSION CONTENT			
PASS & MOVE				
<p><b>Description</b></p> <p><b>Passing and Moving</b></p> <p>Cone out 6 places in a rectangle, with 5 players on cones and one spare.</p> <p>The person starting with the ball can pass to any other cone, then must move to the free cone.</p> <p>The person receiving the ball can take a touch then pass to another cone, moving to the free cone when done.</p> <p><b>Progression 1:</b></p> <p>As the players feel confident with this, allow only 1 touch and encourage accurate passing with the right weight for the receiver.</p> <p><b>Progression 2:</b></p> <p>When the players have a good rhythm going on one touch, allow the player receiving to come off the cone to collect the ball. Then this player must turn away and pass the ball in a different direction.</p> <p><b>Progression 3:</b></p> <p>The player who has passed the ball must then apply pressure to the person they are passing to. The passer must release the ball before they are tackled.</p> <p><b>Bonus Points:</b></p> <p>Name calling</p>				

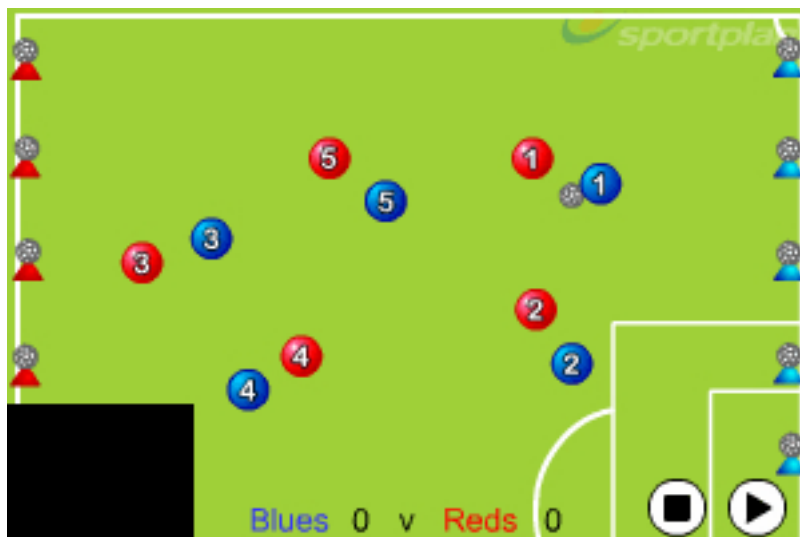
## MINESWEEPER

### Description

Place 5 discs with soccer balls on them on each endline. Play 6 v 6 in the area. When the ball rolls out of bounds, it should be rolled in underhand by a player. The object of the game is to score by knocking down one of the balls off a disc on your teams attacking endline. If a player knocks a ball off, he scores 5 points. If he passes through the middle of the balls on the ground, he scores 3 points.

### Coaching Points

- Encourage the players to shoot at the target
  - whenever possible.
- Pass the ball, then move into space.
- Try to pass the ball forwards and between
  - the defenders.
- Remember, **A good pass follows the grass.**



## PASS AND MOVE TO FREE CONE

### Description

Players play 1 or 2 touch, passing to each other and then move to find the empty cone.

### Coaching Points

The emphasis should initially be on a good first touch, getting their head up and then making firm passes before accelerating away to a new space (cone).  
Players should not occupy the cone that was just left by the player before them.  
Demand passes with different parts of the feet and encourage disguise in the passes.  
Encourage first touches with different parts of the feet.



## PASS AND RUN

### Description

Working in pairs, players run between hurdles and pass the ball through them. One player will start behind the hurdle and receive the pass, with the other player passing through before swapping roles before the next hurdle.

### Coaching Points

Look for quick feet and movement between the cones.



**Description**

3 players start with one ball between them. Players must pass and follow on the move.

Important that the pass is always in front of the receiver so the drill flows.

